



CHIC RETREATS

FLOWER OF THE DESERT

The year's most exotic spa might just be the new Amangiri in Southern Utah, which merges into the arid landscape of the stratified rocks and canyons of the Escalante National Monument. Floor-to-ceiling windows in each room give the impression of being outside in the desert. In this arid place, the 25,000-square-foot spa has an aquatic focus, with a water pavilion for hydrotherapy, a flotation pavilion for meditative therapy, and a pool for watsu, a treatment often described as 'shiatsu in water'.

Amangiri, Utah (+1 435 675 3999; www.amanresorts.com), from about £367 a room a night, including transfers.

WHAT'S HOT

RELAXING TRAVEL ESSENTIALS

BY LYDIA BELL

